



Low Sodium/Healthy Cooking Demonstration

Friday, May 30, 2003

1130-1230

Health & Wellness Center Classroom

Highlights include:

- Free food tasting
- Free door prizes
- Talk with the Dietitian (LT Popeck, Chief, Clinical Dietetics)

Class occupancy is limited. Call the Health and Wellness Center to reserve your seat, 502-624-0562.

Open to active duty, retirees, family members and Fort Knox Civilian employees.